



Roll up your sleeve

It's time for the annual flu shot. And for kids with an aversion to needles (we know just how you feel), a new nasal spray vaccine offers a pain-free way to stave off the virus **PAGE 3**

JUSTIN TIME

JUSTIN TRUDEAU LAUNCHES HIS CAMPAIGN
FOR THE FEDERAL LIBERAL LEADERSHIP BEFORE
AN EBULLIENT CROWD IN MONTREAL **PAGE 6**



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Wednesday, October 3, 2012

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Lawsuit filed against XL Foods

Growing problem.
Fifth infection case linked to now-recalled Alberta beef



An Edmonton man who became severely ill after eating meat linked to the Alberta producer at the centre of the largest beef recall in Canadian history is taking legal action.

Matthew Harrison, a real-estate agent, says he suffered through weeks of severe stomach pain after eating steak bought at a Costco store that traced its meat back to a Brooks plant run by XL Foods. The plant has recalled more than 1,500 products in recent weeks amid concerns of E. coli contamination.

Harrison says he's only beginning to recover from his ordeal.

"It was unbelievable; the worst pain I have ever been in,"

Not an isolated case

- Along with the recent cluster of E. coli cases, Alberta typically sees dozens of illnesses linked to the bacteria every year.
- Alberta Health Services says there were about 60 reported infections provincewide last year. But Glen Armstrong, a professor in the department of microbiology, immunology and infectious diseases at the University of Calgary, says he's seen up to 90 cases in the province in past years.

he said. "I had diarrhea and there was blood in my diarrhea ... I'm doing OK, but I'm not 100 per cent, that's for sure."

Four cases of E. coli infection, including Harrison's, had already been linked to the steaks eaten at a barbecue on Sept. 4. On Tuesday, provincial

health officials revealed a fifth person also fell ill.

Another five cases, including three in Calgary, are still being investigated for links to contaminated meat, said chief medical officer of health Dr. Gerry Predy.

"Given all of the recalls, we would hope most of the product that could conceivably carry the organism is off the market," Predy said. "We would hope not to see any more cases."

Harrison's lawsuit, which has been filed in Edmonton Court of Queen's Bench, is believed to be the first of its kind since XL Foods issued an initial voluntary recall of some of its products on Sept. 16.

Harrison hinted Tuesday evening that others could be included in the lawsuit and said any resulting monetary settlement is being left in the hands of his lawyer, Edmonton's Trent Brown.

WITH FILES FROM ROBSON
FLETCHER/METRO

Follow Jeremy Nolaïs on
Twitter @Metro_Nolaïs



A security vehicle sits at the main entrance to XL Foods' Lakeside Packers plant in Brooks on Monday. An Edmonton man is behind a class-action lawsuit filed against XL Foods in connection with E. coli cases linked to the Alberta producer. **LARRY MACDOUGAL/THE CANADIAN PRESS**

A home for our heroes

Thanks to the generosity of Albertans, Valour Place offers a haven for injured soldiers and first responders **PAGE 4**

Liam Neeson, action man

The Irish movie star's career takes another turn with the release of Taken 2 **PAGE 12**

Chill-out factor

Need to get far from the madding crowd? Here are five places where you can let your hair down **PAGE 15**

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Cost of space

Edmontonians digging deep to pay for parking

Edmonton has ranked fourth in a survey that looks at parking expenses in Canada's major cities.

While Calgary remains the second priciest North American city to park in after New York, where the average monthly cost is \$456.75 US. Meanwhile the cost in Edmonton is \$295, above the national average of \$241.72.

Edmonton's parking rates rose 7.3 per cent compared to 2011, according to the survey.

METRO

Research

Collaboration to create a wildland research hub

Improved fire management policies and practices are on the way, thanks to an innovative partnership announced Tuesday.

The federal and provincial governments, along with the University of Alberta, have formed the Western Partnership for Wildland Fire Science.

Director Dr. Mike Flannigan, a research scientist, said 8,000 fires burn 2 million hectares of land each year in Canada.

"Fires are a real concern for many of the communities that are located in the forest," he said. "We need to have a better understanding of fires so that we can protect the communities and their economic interests."

Partnership priorities include education, science, scientific applications and communications, and partnerships and collaboration.

HEATHER MCINTYRE/METRO

Strip mall on fire. SUV drives into storefront causing serious blaze

Fire erupted at a Slave Lake strip mall after an SUV burst into flames after being driven into a building Tuesday.

In a release, RCMP said they were called to a business around 3:00 a.m. after reports that a vehicle had been driven through a business storefront, which then caught on fire.

Surrounded buildings were damaged by water and smoke, but damage estimates weren't given.

METRO



A car was driven into a strip mall early Tuesday. The strip mall then caught on fire. RCMP HANDOUT

Young man killed in home. Police asking for help in city's latest homicide

Police have confirmed a young man killed Friday morning was the victim of a homicide, but are releasing little else about his death.

Officers were called to a townhouse near 132 Avenue and 47 Street early Friday morning where they found the young man. The medical examiner ruled his death a homicide, but police declined Tuesday to release his name or cause of death.

Staff Sgt. David Christoffel told reporters they were not

Information wanted

"Anyone who was in the area of 135 Avenue and 42 Street, between the hours of 1 a.m. and 5 a.m. who saw something unusual, we would appreciate a phone call."

Staff Sgt. David Christoffel

prepared to release any information. RYAN TUMILTY/METRO

Check out the flu fighters, AHS encourages Albertans

Clinics. Traditional needle on offer, as well as nasal spray vaccine

LUCY HAINES
edmonton@metronews.ca

Alberta Health Services wants flu shots to be treated like cleaning out the gutters and raking the yard — a fall routine done out of habit.

And with a new FluMist nasal spray vaccine for those aged two to 17, along with those who have an aversion to needles, AHS officials are doing everything possible to get the message out.

"It's a universal program, and it's the single most effective means of protection from the flu. The virus changes every year and it can impact other underlying health problems," Dr. James Talbot, AHS' chief medical officer of health, said at the

Flu facts

- Last year, some 875,000 Albertans (one-quarter of the population) were immunized.
- This year's vaccines are designed to fight two A strains, similar to H1N1, and a B strain of influenza.

immunization announcement Tuesday in Edmonton.

Dr. Gerry Predy, AHS' senior medical officer of health, said he's talking to seniors, youth, and health care workers — the most vulnerable groups — in any way possible, including through Twitter chats and a weekly blog.

Flu shots are free for those six months of age and older starting Oct. 15.

Check albertahealthservices.ca/influenza.asp for clinic info.



Alberta Health Service's chief medical officer of health, Dr. James Talbot, speaks to reporters in Edmonton on Tuesday to launch the 2012 flu shot campaign. LUCY HAINES/FOR METRO

Longtime independent bookstore to close



Independent bookstore Greenwood's Bookshoppe at 10309 Whyte Ave. will close for good this weekend. FACEBOOK

With emptying shelves as evidence for some, the whispers of a storied Edmonton bookstore shutting down were confirmed Tuesday.

The independent Greenwood's Bookshoppe will close for the final time this weekend.

"Today I'm deeply saddened to announce that our last day of business will be Saturday, Oct. 6," said bookstore owner, Gail Greenwood, via the company's website and Facebook page.

Rumours of the bookstore's closure had been stirring for the past couple of weeks, with Greenwood offering few clues as to the store's future. According to the statement, recent

family tragedy weighed heavily on Greenwood's decision to close.

"My decision to close was precipitated by the recent death of my brother and business partner, Brad. He skillfully managed all store affairs and guided me on so many occasions. He was my rock," Greenwood said on her store's site.

Metro had previously spoken to employees of the store, located at 10309 Whyte Ave., who believed Greenwood's was in its final days, but no confirmation came from Greenwood herself at the time.

Shelves were increasingly threadbare and there had been an ongoing half-off sale at the

Thank you note

- On the store's website, Gail Greenwood thanked those who have touched her store over the years, including staff, authors and customers.

establishment, which has been serving Edmonton readers for the last 33 years.

"Most of all, to Edmonton book lovers, it has been my pleasure and privilege to have built so many relationships and to have been your bookstore of choice," she said.

METRO

Mobile news



Qriket

Man vs bear? Scan the code to see how one woman's NIMBYism evolves into yelling at bears.

1 NEWS



Outgoing Chief of the Defence Staff Gen. Walt Natynczyk speaks at the opening of Valour Place on Tuesday. The facility has 12 barrier-free rooms for soldiers and families. RYAN TUMILTY/METRO

New home for soldiers and their families offers hope

Valour Place. Facility built largely with private donations

RYAN TUMILTY
ryan.tumilty@metronews.ca

Valour Place, a new place for treatment of injured soldiers, first responders and their families opened its doors Tuesday.

The new barrier-free

12-bedroom home opened near Kingsway Mall.

Maj. Mark Campbell, who had both of his legs amputated following an attack in Afghanistan, cut the ribbon on the new facility and said it will be a great blessing to future families that have to travel to Edmonton.

"Edmonton has certain medical capacity that other Alberta cities just don't offer."

While he received treatment in Germany, Campbell's

Quoted

"We may have ceased combat in Afghanistan, but that doesn't mean a facility like this hasn't always been needed."

Maj. Mark Campbell, who lost both of his legs following an attack in Afghanistan.

family stayed in a similar facility there.

"It was a tremendous relief to me to know that my family was being properly cared for."

Outgoing Chief of the De-

fence Staff Gen. Walt Natynczyk was on hand and said Valour Place is a model for future facilities in Canada.

"We in uniform are judged on whether we win that battle

for Canada, but we as a society will be judged by how we care for our wounded, our ill and our injured."

Honorary Col. Dennis Erker, who spearheaded the project said it came together only with help from the community.

"There is a saying that it takes a village. In this case it took a community, more than 2,000 members of the Alberta community have opened their hearts and their pocketbooks."

Oilsands pipeline

B.C. premier continues to press for revenue

B.C. Premier Christy Clark is again signalling that her government could make things difficult for the proposed Northern Gateway oilsands pipeline if its demands for a greater share of the project's economic benefits aren't met.

"There's a whole number of things the British Columbia government could do and certainly if this project was forced through without meeting the five conditions, it wouldn't be just the British Columbia government that would be in court," she said. Three conditions have to do with the environment, one with aboriginal consultation and one — the most contentious — with getting a "fair share" of the economic benefits. **THE CANADIAN PRESS**

Spruce Grove

RCMP charge a pair for peddling drugs to students

Two people have been charged by Spruce Grove and Stony Plain RCMP for allegedly trafficking drugs to high school-aged youth in Spruce Grove.

As a result of an investigation and search warrant, RCMP seized approximately five pounds of marijuana, a pound of mushrooms, 60 hits of acid, marijuana plants and \$7,000 in cash. Gleb Bugatti, 25, along with a female youth have been charged with several drugs offences.

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Hormonal Breakouts? Not Just a Teenage Problem!

Hormonal breakouts, such as acne that is marked by pimples, whiteheads, blackheads and cysts affect many teenagers today. But teenagers are not the only ones; acne can strike adults too - more than half of all adult women and about a quarter of adult men.

As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

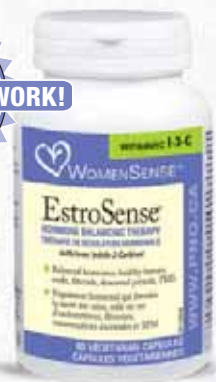
Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

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That 'secret' is out: Justin is running

A new Trudeau era?
'Rock star' candidate tells crowd he's determined to build 'a better life, a better Canada'

Justin Trudeau is off and running.

He revealed the worst-kept secret in Canadian politics on Tuesday — he's in the federal Liberal leadership race.

"I am running because I believe this country wants and needs new leadership," he told a Montreal crowd.

But he faces a double-edged challenge: He's determined to breathe new life into a party he said has lost touch with middle-class Canadians.

Even harder, he must confront those critics who say he's just a pretty face with a famous last name.

Trudeau told a crowd peppered with Liberal luminaries that he had a vision for Canada's future "grounded not in the politics of envy or mistrust."

That vision, he declared, "understands, despite all the blessings beneath our feet, that our greatest strength is above ground, in our people."

"All Canadians, pulling together, determined to build a better life, a better Canada."

But as the middle class in China, India, South Korea and Brazil enjoys increasing



A kiss to build a dream on? Justin Trudeau and wife Sophie Grégoire after he announced his Liberal leadership bid Tuesday night.

PAUL CHIASSON/THE CANADIAN PRESS

prosperity, Canadians are experiencing the opposite, he said — stalled income levels, escalating costs and debt.

"What's the response from the NDP? To sow regional resentment and blame the successful."

"The Conservative answer? Privilege one sector over others and promise that wealth will trickle down, eventually."

Both are "tidy ideological answers," he said. "The only thing they have in common is that they are both, equally, wrong."

On Wednesday, Trudeau embarks on a cross-Canada tour designed to prove he's more than just his famous father's telegenic offspring.

THE CANADIAN PRESS

Imbalance in the court

Court's new man is a gender jolt

Justice Richard Wagner of the Quebec Court of Appeal was lauded Tuesday as a worthy addition to the Supreme Court of Canada, though some were miffed he's a male.

Wagner's appointment reduced to three the number of women on the nine-member court. NDP justice critic Francoise Boivin was disappointed a woman was not appointed. Said Kathleen Lahey, Queen's University law professor: "This is the 21st century, and this is really a rather 20th century version of a top court." THE CANADIAN PRESS

Meter misery. No breaks for drivers ... and no brakes on parking costs

Gas prices aren't the only thing putting a squeeze on drivers' finances.

A new survey suggests Canadian drivers are pumping more cash into parking meters this year as parking rates continue to climb in major cities.

The Colliers International annual parking survey says the average median rate for a monthly unreserved spot is now \$241.72 per month, up from \$235.33 in 2011.

Calgary is Canada's most expensive city to park in for the second year in a row, with the average parking rate rising

By the numbers

2.7%

How much the average median rate for a monthly unreserved parking spot grew over the past year.

two per cent to \$456.75.

That rate is second in North America only to parking in New York City.

Montreal, Toronto and Edmonton are also in the Top 10 most expensive cities for parking in North America.

THE CANADIAN PRESS

Police arrest 'Internet Black Widow'

Attempted murder charge. Cape Breton woman arrested after her husband suddenly became ill; previous charges include theft and manslaughter

Police in Cape Breton have charged a 77-year-old woman infamously known as the "Internet Black Widow" with attempted murder after her husband suddenly became ill.

Melissa Ann Weeks of New Glasgow, N.S., is also charged with administering a noxious thing.

Investigators say the accused's 75-year-old husband was taken to hospital in Sydney, N.S., on the weekend after falling ill at an inn.

They arrested a woman following an investigation into the health of the New Glasgow man who police say has since been treated and released.

Weeks is due in Sydney provincial court later today.

Weeks was sentenced in

2005 to five years in prison on seven counts of theft from a man in Florida she had met online.

Investigators in that case said she stole about \$20,000 US from Alexander Stratigos.

In 2001, she was convicted of manslaughter in the death of her husband, Gordon Stewart, who she had drugged and run over twice with a car in 1991 outside Halifax.

She served two years of a six-year sentence for that crime. **THE CANADIAN PRESS**

The incident

- Cheryl Chambers, the operator of a bed-and-breakfast in North Sydney, said a couple named Fred and Millie Weeks checked in early Friday morning.

- Chambers said on Saturday morning, Millie came downstairs alone and said her husband wasn't well. She said paramedics later arrived and took her husband to a hospital.



Melissa Ann Weeks leaves a Cape Breton regional police vehicle escorted by Const. Erin Donovan for a court appearance at the Sydney Justice Centre Tuesday. VAUGHAN MERCHANT/THE CANADIAN PRESS



Rallying for peace

An Indian man and children dressed as Mahatma Gandhi wait for the start of a rally against violence to mark the anniversary of Gandhi's birth in Ahmabad, India, Tuesday. AJIT SOLANKI/THE ASSOCIATED PRESS

THE NEW 2013

ILX



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Gay teens

Group files suit to block law that bans conversion therapy

A Christian legal group has filed a lawsuit to overturn a first-of-its-kind California law that prohibits licensed mental-health professionals from practising therapies aimed at making gay and lesbian teenagers straight.

The Sacramento Pacific Legal Institute is challenging the law signed Saturday by Gov. Jerry Brown. The lawsuit was filed late Monday in U.S. District Court. **THE ASSOCIATED PRESS**

Alleged gang rape

Investigation involving former IMF official dropped

A prosecutor in France says officials have dropped a preliminary investigation into allegations of rape in a Washington, D.C., hotel by former International Monetary Fund chief Dominique Strauss-Kahn.

State prosecutor Frederic Fevre said Tuesday that the supposed victim, an escort girl, went back on her original account and now says no rape was involved. **THE ASSOCIATED PRESS**

Mall collapse

Families of Elliot Lake victims claim negligence in lawsuit

Relatives of two women killed when a rooftop garage collapsed in Elliot Lake, Ont., in June are alleging the provincial government and mall owner were negligent in lawsuits that claim complaints about the structure were ignored.

The parallel suits, which also name the city and engineers who said the Algo Centre Mall was safe, seek several million dollars in damages for relatives of Doloris Perizzolo and Lucie Aylwin. **THE CANADIAN PRESS**

Pope's butler says he's innocent of theft

Pope Benedict XVI's one-time butler declared Tuesday he was innocent of a charge of aggravated theft of the Pope's private correspondence, but acknowledged he photocopied the papers and said he feels guilty that he betrayed the trust of the pontiff he loves like a father.

Paolo Gabriele took the stand Tuesday in a Vatican courtroom to defend himself against accusations of his role in one of the most dam-

aging scandals of Benedict's pontificate.

Prosecutors say Gabriele stole the Pope's letters and documents alleging power struggles and corruption inside the Vatican and leaked them to a journalist in an unprecedented papal security breach.

Gabriele faces four years in prison if he is found guilty, although most Vatican watchers expect he will receive a papal pardon if he is convicted.

During Tuesday's hear-

Quoted

"I declare myself innocent concerning the charge of aggravated theft. I feel guilty of having betrayed the trust of the Holy Father, whom I love as a son would."

Paolo Gabriele, on stealing Pope Benedict XVI's private letters.

ing, Gabriele's attorney complained that her client spent his first 20 days in Vatican detention in a room so small he couldn't stretch his arms out and with lights kept on

24 hours a day.

Vatican police swiftly defended their treatment of Gabriele, but the Vatican prosecutor opened an investigation regardless.

Prosecutors have said Gabriele, 46, has confessed to leaking copies of the documents to Italian journalist Gianluigi Nuzzi, because he wanted to expose the "evil and corruption" in the church.

They quoted him as saying in a June 5 interrogation that even though he knew taking the documents was wrong, he felt inspired by the Holy Spirit "to bring the church back on the right track."

THE ASSOCIATED PRESS



Paolo Gabriele. L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

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Nortel trial. Accounting practices were not dishonest, court hears

Lawyers for three former high-ranking Nortel executives argued Tuesday that improper accounting practices at the former technology giant were made in error, not intentional manipulations as the Crown suggests.

David Porter, who represents Nortel's ex-CEO Frank Dunn, told a Toronto court there were no "dishonest acts" by his client or the other two accused, ex-CFO Douglas Beatty and ex-controller Michael Gollogly.

All three men face two counts each of fraud for allegedly falsifying the company's financial statements in 2002 and 2003 to trigger millions of dollars in bonuses for themselves.

Porter told the long-running fraud trial that the accounting decisions at Nortel during the time in question were done honestly and made with the information available at the time. **THE CANADIAN PRESS**

Fish-tracking website looks to expand beyond Canada

Sustainability. Tracing service lets consumers find out who caught their dinner and how

Developers of a small Canadian website that has allowed consumers to trace hundreds of thousands of fish back to those who caught them are gearing up for a global presence.

Ecotrust Canada is in talks with East Coast mussel farmers and West Coast Dungeness crab fishermen to add their products to the online traceability program offered by thisfish.info, says Tasha Sutcliffe, vice-president of the non-profit organization and director of its fisheries program.

Sutcliffe said her organization has also met with interested non-governmental organizations, fishermen and restaurants in Australia and has received inquiries from Portugal, Costa Rica and the U.S.

Already, the website, which launched in 2010, allows consumers to trace 16 different fisheries back to hundreds of Canadian fishermen employed



An employee holds fish tags at Ecotrust Canada in downtown Vancouver on Friday. A Canadian website that allows consumers to trace the fish they buy back to the people who caught them is preparing for a larger, global presence. JONATHAN HAYWARD/THE CANADIAN PRESS

on both coasts, she says.

"With the seafood industry, you know, some people care very much about the sustainability of their catch," she said. "They want to know that it's caught from a sustainable fishery, how it's caught, perhaps even if they're interested enough ... in the stock status."

The program requires the participation of every agency in the distribution chain, from the fishermen to the consumer.

Fishermen assign a code to their catch and upload that information to the website, including details about where, when and how the fish were caught.

The code then follows the fish as they move through the processing and distribution chain. To learn about their fish, consumers just enter the code into the website. So far, consumers have traced more than 362,500 fish. **THE CANADIAN PRESS**

Quoted

"There's more and more requirements by consumers to know exactly where their fish comes from ... They really want to know what kind of fishery it is."

Dan Edwards, a commercial fisherman from Ucluelet, B.C., who has been involved in the Thisfish program since 2007.

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ILX Tech model shown with Aero Kit Package.

HAIL STORM JUSTIN TRUDEAU? WIND CHILL GARY BETTMAN?



JUST SAYIN'
Paul Sullivan
metronews.ca

Winter is coming.

And that's not just the tag line for Season 3 of Game of Thrones.

It's really coming, in a meteorological, as well as mythological sense.

Only now, winter will never be the same. In the U.S., The Weather Channel (TWC) has unilaterally declared it will start naming winter storms the way the National Hurricane Center names tropical storms.

What's in a storm name?

"... I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons."

This is a real marketing breakthrough for The Weather Channel, which in a single stroke has branded winter as a TWC event. As it has a 76 per cent share of the weather nerd market, everyone else will have to follow TWC's lead, which is annoying competitor Accuweather. "We are concerned," Accuweather commented, "about the lack of strict criteria with naming winter storms." They are not amused.

Well, I guess. They just lost winter. But if I were Accuweather, I wouldn't waste any more time being a sore loser and get right on spring and fall. Think of the possibilities: Ice Jam Snoopy Lion, Windstorm Rex Murphy, First Frost (Name of local Homecoming Queen goes here).

Now that TWC has turned winter weather into a name-calling event, I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

I could probably still stay home and watch cartoons and no one would care. But I would. I would care.

But people with critical jobs, such as TV weather personalities, will now be able to phone in, blame the wrath of Khan or a spell cast by Gandalf, and turn over and go back to sleep.

As far as I can tell, anything goes on the mythology front. Italian stallions like Rocky take their place next to Greek gods Athena and Zeus, although it would be better if Rocky referred to Rocket J. Squirrel (speaking of the cartoons of my misspent youth) which means we could look forward to Winter Storm Bullwinkle, but that's almost too much to hope for. I can only remind the people at TWC that Rocky and Bullwinkle did come from Frostbite Falls, Minnesota. Winter lives there for sure.

The best part is that we can finally play along here in Canada. Blizzards are as commonplace as hurricanes are scarce north of the 49th. We could have a different fun weather event almost every day, although there's a real danger we'll hit Zeus in mid-February, where in parts of this godforsaken tundra, winter's just getting started.

In that case, we can always tap into our local mythology and name the next one Winter Storm Sidney Crosby? Because apart from winter, he represents the other thing we're good at.



Whaddya gonna call that one, son? NATHAN DENETTE/THE ASSOCIATED PRESS

Time for a swim or a quick bite?



KATHLEEN REEDER/SOLENT

Animal instincts

Tiger hunts down handler into pool

This brave zookeeper took a real leap of faith ... into a swimming pool with a formidable tiger.

Animal handler Jeff Harwell, 30, dove into the water with a 204-kilogram Bengal tiger named Akasha in close pursuit.

The dynamic duo are the main event of a stunt show at Arizona's Out of Africa Wildlife Park.

METRO

Animal handler's view

"We're just playing, having a good time. All I see is her eyes and how intense they are, and she's trying to figure out what move I'm going to make that will make her spring."

Jeff Harwell

Reaction to photo

Critic condemns 'shocking' image

But this stunt is not without its critics.

"It's truly shocking," Adam Roberts, executive vice-president of animal rights group Born Free USA, told Metro.

"It sends out a terrible message, that wild animals can be kept in close proximity with humans." He added: "This could easily end up in tragedy, with someone getting killed by a tiger."

METRO



Jeff Harwell with Akasha.
CONTRIBUTED



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CAREFUL
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EVEN IN
PRIVATE
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@TrevorBoller:

And all over #YEG them sexy black leather jackets came out once again.

@DynamitePR:

This is my favorite weather! Sweaters feel comforting, coffee tastes better, & all you want to do is go for a walk & smell the fresh air.

@ElnAych:

Got my wallet back! WITH everything left inside! Thank you to

whoever turned it in! I can't even explain how much I appreciate you! #yeg

@LeDave99:

I wish I could yell out "I've got 2 tickets to paradise" but instead, I'll just mumble #yeg roadtrip

@Smitty94:

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SCENE 2

On the web



Qriket

Norah O'Donnell tries to make the most of her mornings on CBS



Liam Neeson gets big bucks these days with roles like in Taken 2, but prior to killing bad guys, he showed a softer side. HANDOUT

Neeson has a particular set of skills that aren't violent

Taken 2. Before he was fighting wolves and hunting bad guys, the Irish actor played a number of roles that showcased his nice-guy personality



IN FOCUS
Richard Crouse
scene@metronews.ca

In this weekend's Taken 2, Liam Neeson tells his daughter that he will do, "what I do best," which, apparently, is walloping bad guys, grimace and

leave a trail of destruction a mile wide. He plays a retired CIA agent with a "particular set of skills" who will do anything to protect his family.

Neeson's habit of paying the rent with chest-beaters like Battleship, Unknown and The A-Team led one macho movie fan to post on Facebook some conclusions.

"After watching the movie The Grey, I can only come to the (very logical) conclusion that Liam Neeson should be King of the Earth. Who's better than Liam Neeson? Nobody. That's who. Nobody."

His burly build and steely glare have made the 60-year-old an action star.

"Believe it or not, I have even had Arnold Schwarzenegger and Bruce Willis calling my agent saying, 'How do I get these scripts?'" he said.

Quote

There was a time when a kinder, gentler (Liam) Neeson ruled the screen.

negger and Bruce Willis calling my agent saying, 'How do I get these scripts?'" he said.

But there was a time when a kinder, gentler Neeson ruled the screen.

His first film, 1977's Pilgrim's Progress, was so low budget he played several characters. He's credited as the Evangelist, a main character in John Bunyan's Christian allegory, but can also be

seen subbing in as the crucified Jesus Christ.

It was another supporting role in a movie called Shining Through that led to his breakthrough. In it he plays a Nazi party official opposite Michael Douglas. The performance so impressed Steven Spielberg he cast Neeson as Oskar Schindler in Schindler's List, which turned him into an Oscar-nominated star.

He parlayed that fame into starring roles in period pieces like Rob Roy, Michael Collins (at the age of 43 Neeson was 12 years older than the real-life Michael Collins when he died) and Les Misérables. Then comedies Breakfast on Pluto and High Spirits

also showcased his more amiable side.

High on the list of his mild-mannered roles are two films with Laura Linney. He's worked with her so often on stage and in the movies they joke they feel like "an old married couple." They're part of the ensemble cast of Love Actually and play husband and wife in Kinsey, about America's leading sexologist Alfred Kinsey.

Neeson, as we can see, can portray almost anything on screen, but even he was surprised by the success of Taken, his first action hit.

"I was a tiny bit embarrassed by it, but then people started sending me action scripts."

Beasts deemed unfit for SAG awards

Indie film. Sundance winner ineligible after SAG rules they did not meet their financial standards

The independent-film hit Beasts of the Southern Wild will be ineligible for the Screen Actors Guild Awards because it was not made under provisions of the union's contracts, guild officials said Monday.

The producers have until Oct. 25 to bring the film into guild compliance to become eligible for the awards, though that likely would mean paying the actors more money. A spokesman for Fox Searchlight, which released the film domestically, said the company would not try to

bring Beasts in line with SAG contract rules to qualify for the awards.

"We're baffled at the fact that the producers of Beasts of the Southern Wild failed to sign a SAG agreement as every other important film released this year did," said guild spokeswoman Pamela Greenwalt in a statement. "We would love for the performers in this film to compete for a SAG Award. Celebrating such performances is what we're all about."

Director Benh Zeitlin cast locals in his film set in rural Louisiana, including his two stars, which were both first-time actors.

Beasts won top honours at the Sundance Film Festival, so sitting out the Jan. 27 SAG Awards will not necessarily hurt its Academy Awards prospects.

THE ASSOCIATED PRESS



Quvenzhané Wallis portrays Hushpuppy in Beasts of the Southern Wild. JESS PINKHAM/THE ASSOCIATED PRESS

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Classic rock sensibility

Say I wanna know. Young musician Nick Waterhouse's style hails back to the '50s, but he's hitting a chord today with timeless songs



AMBER
RAY

Metro World News in New York

Rhythm and blues throwback Nick Waterhouse's *Say I Wanna Know* — in heavy primetime rotation courtesy of an Acura commercial — could easily be mistaken as a lost gem of the 1950s. The slinky, horn-driven track is attention-grabbing in its uniqueness circa 2012, just as Waterhouse's penchant for Brooks Brothers shirts and horn-rimmed glasses makes him an anomaly in an era when CEOs wear Chuck Taylors and hoodies to the office.

"I guess it's like white blood cells — all of a sudden, people really notice that you stick out like a sore thumb," the Los Angeles singer says of the soulful, rock-and-stomp sound found on his debut album, *Time's All Gone*, released in May. "I'm just doing the same thing that Muddy Waters was doing to blues or Van Morrison was doing to soul or Elvis Costello was doing to classic pop. [The influences] filter through you and turn out a slightly different way, but you definitely hear traces of everything in there."

Waterhouse says he has "kind of always been the thumb" — "I don't really know another way," he admits — ignoring music trends in favour of learning everything he could about early rock 'n' roll, soul and jazz. (A little punk rock was thrown in there too, cour-

On his terms

- **Breaking free.** After spending his early 20s in a string of dead-end jobs and no-good relationships, Nick Waterhouse turned to music and decided to record the album he wanted, on his terms. "I spent maybe a decade of my life being afraid of (pursuing what I really wanted). ('Time's All Gone' is) a leap of faith record, where I was like, 'Man, I'm just gonna do this and, you know, f— it,'" Waterhouse says. "I didn't care about being judged anymore."



Nick Waterhouse looks like Buddy Holly, but his timeless music has hit the high notes with fans. HANDOUT

tesy of his dad's Black Flag cassettes.)

"I was always really curious. I was kind of a book-worm kid," the 26-year-old explains. "I liked reading and researching, but it wasn't research to me, it was just trying to quench the really deep desire to understand the world around me."

Everything began to make a little more sense with his mom's Van Morrison records playing in the background.

"I happened to feel more comfortable in music; I thought that music was the best way to relate to the world, so that was something that I ended up pursuing," says Waterhouse, who picked up trumpet in third grade before switching to guitar, which he continues to study and play today like a mad genius. "I could have maybe been really into something else, but I don't know," he adds. "This is just how it turned out."

Quoted

"I happened to feel more comfortable in music; I thought that music was the best way to relate to the world, so that was something that I ended up pursuing."

Nick Waterhouse

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Change of heart shapes new CD

Fanatic. New record is full of opinions, not just slow dances

LINDA
LABAN
scene@metronews.ca

Ann Wilson is struggling for words to describe the emotional pull she felt while making Heart's brand new album *Fanatic*. Even after 14 studio albums, the singer wasn't phoning it in. "Ahh," she sighs. "This one really took all of me. I felt like I'd been struck by lightning by the time it was finished."

The passion is palpable from the get-go as the forceful title track barrels out on sister Nancy's fierce guitar riffs and Wilson's banshee wail makes what's either a band statement or social commentary. "Don't try and tell me the world is changing/Heart's getting

stupid," she sings.

"It's definitely us contemplating," she says. "We're suggesting that we use some of our higher powers to love and solve some of our problems. We're a very sick society, so that could be a very healing thing. It's an old idea, right, but it's a very good idea."

Wilson is talking deep stuff. "Committed stuff, sure," she says. "We've got opinions. It's not just a bunch of slow dances."

The album, however, does slow for Walkin' Good, a lovely duet between Nancy and Canadian singer Sarah McLachlan, whom the Seattle rockers met

playing McLachlan's femme-fronted music festival, Lilith Fair, last year. "We met so many great women," says Wilson, before adding that she doesn't delineate music by gender.

"Is it Best Male Guitarist and Best Female Guitarist? Or is it Best Guitarist," she proposes. "That's the list I'd like to see."



Tom Cruise

Special Scientology treatment for Cruise

Some members of the Church of Scientology are bristling at the special treatment they believe Tom Cruise is receiving in the wake of his split from Katie Holmes, according to Radar Online. "They have bent the rules for Tom. If Tom was any other Scientologist — including lesser celebrities — he would not be al-

lowed to continue seeing and maintaining communication with Katie or Suri," former Celebrity Center president Nancy Many tells the website. "When every other person that I have known of leaves Scientology, which Katie did without speaking of it directly, they are instantly shunned."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kardashian and Lopez to be hosts of X Factor

Ryan Seacrest is getting a little competition as host of a reality TV singing show: It was kind of announced yesterday (through TMZ; no official announcement has been made as of press time) that Khloe Kardashian (pictured) and Mario Lopez will be the new co-hosts of The X Factor.

Earlier reports had Kardashian as the sole host but because of her contract with E!, there was a lot of back-and-forth; they kept Lopez on the sidelines as a back-up. But now it looks like they will share the duties together.

Good on Kardashian for distancing herself from the



Kardashian cabal (Heads up, don't be surprised if you see Kardashian Kabal being used as the name of their new Home line for Sears) but Mario Lopez? How does this guy continue to have a showbiz career when Kelly Kapowski does not?

Curry back on Today?

Meanwhile, over at The Today Show, producers are doing a huge mea culpa about firing co-anchor Ann Curry and doing the unthinkable: they are going to have her back on the show on a routine basis in order to keep the morning show's ratings from sliding any further.



Will Kopelman and Drew Barrymore ALL PHOTOS GETTY IMAGES

Suck it up: Tasty baby names are still in vogue

Drew Barrymore is a new mom, giving birth to baby girl Olive last week, according to a statement by her reps.

"We are proud to announce the birth of our daughter, Olive Barrymore Kopelman, born Sept. 26, healthy, happy and

welcomed by the whole family." The statement reads. "Thank you for respecting our privacy during this most special time in our lives." This is the first child for Barrymore and husband Will Kopelman, who tied the knot in June.

Don't worry, Robert. You're still the sexiest man alive

Maybe this will help take his mind off the whole Kristen Stewart cheating scandal thing: Twilight star Robert Pattinson has been named the Sexiest Man Alive by Glamour U.K. for the fourth year

in a row. The Brit-heavy list awarded Avengers star Tom Hiddleston the No. 2 spot, while Johnny Depp, Michael Fassbender and Sherlock star Benedict Cumberbatch rounded out the top five.



Robert Pattinson

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EG 602	Vancouver (YVR)	10:25 AM	Calgary (YYC)	1:25 PM	0

MONDAY, OCTOBER 8, 2012

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Looking for a place to unwind? Lonely Planet host Dominic Bonuccelli shares his favourite relaxation spots. Watch the new Lonely Planet series premiering Thursday at 10 p.m. ET/PT on Travel + Escape.

DOMINIC BONUCCELLI
life@metronews.ca



SHAYAN/Flickr

Death Valley, California

Sure, post-apocalyptic wastelands aren't everyone's cup of tea, but Death Valley gets my vote for the most mythic landscape in North America. It's the lowest point in the Western Hemisphere, full of Saharan sand dunes, endless fields of jagged salt crystal formations (the Devil's Golf Course), and vistas brooding enough for the U2 Joshua Tree album cover. Try meditating under the thick veil of silence, so intense you can hear the very hum of existence itself.

Banff, Alberta

Everyone knows Banff National Park has some of the best skiing and snowboarding, but I recommend hitting Lake Louise and the surrounding area in the summer blast. The Lake is blue, the colour of a child's imagination and home to the opulent Fairmont Chateau for those who relish the finer things. Summer allows you to rent a mountain bike and shred down miles of amazing alpine terrain with wildflowers and brain-melting views teeming with wildlife. Hit the Banff Upper Hot Springs on the way home to replenish your body.



SATORU KIKUCHI/Flickr

5 Places to bust the stress



ALOHA MAMMA/Flickr

The Big Isle of Hawaii

You may have a more Robinson Crusoe experience on one of the more remote islands like Molokai or Lanai, but the big island of Hawaii will always be one of my favourite places on the planet. It hovers over a hole in the Earth's crust spouting magma, which makes it the youngest island and the one where you can (depending on the whimsy of Pele) watch lava drop into the ocean in pink-hazed fury under a full moon. If you want the pomp of a four-star experience you can linger on the dry side at the golf courses in Kailua-Kona, but I prefer the solace of the northern ranchlands near Waimea.

Cuba

Run to Cuba. Run there before the U.S. blockade ends and everything changes. Not that it shouldn't: the blockade is an anachronistic holdover from the Cold War that should go the way of the Dodo. But for now, Cuba remains frozen in 1958. Every pull-handle fridge, every '56 thunderbird with white-walled tires serving as a part-time taxi, every scrap of machinery heralds from the 1950s. The mojitos are the best you'll taste on the planet, swizzled with a stick of pure sugar cane, and you sip them while watching grandma and grandpa salsa dance on a street corner to live music at midnight. Run to Cuba, my friend.



COLROS/Flickr

Copper Canyon, Sierra Madres, Mexico

I live just north of the Mexican border in Tucson, and I didn't even discover the Copper Canyon until three years ago. Shame on me. The drug war hasn't helped tourism much, but in reality tourists are very rarely targeted, and the adventurous travellers that venture in will be rewarded with a rustic wild-west train experience that crosses the Grand Canyon of Mexico on a daylong trip either direction between Los Mochis and Chihuahua. The Sierra Madres are breathtakingly gorgeous, and home to the Tarahumara Indians, the best long distance runners in the world and one of the most traditional and remote tribes in Mexico; a glimpse of their Easter celebration is an other-worldly experience.



3 HOURS

On the web



Qriket

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Visit Estoril the way 007 would

Where it all began.

Ahead of Bond Day and Skyfall, we take you to the spot that inspired Ian Fleming to create the famous agent

CÉLIA
PEDROSO
life@metronews.ca

During the Second World War, royals, spies and refugees flocked to Lisbon in search of a safe haven, many en route to the United States, as Portugal was neutral. Others were on intelligence missions, like authors Graham Greene and Ian Fleming, the creator of James Bond.

The sunny weather of Estoril, a seaside resort 20 minutes from Lisbon, was the draw. The Allies would prefer Hotel Palácio, the only five-starred spot at the time, while Germans would go to the nearby hotel Parque and to Atlântico.

José Diogo, aged 62, has been working in the Palácio since he was 14 years old. He heard many of his experienced colleagues speaking of those spy years, namely about Ian Fleming. "He stayed here in May of 1941. He was in the Naval Intelligence and registered here as a government official, as the police form shows," he says, showing me proof.

It is not known if he presented himself as "Fleming, Ian Fleming" but Diogo remembers being told how much he loved the dry martini at the bar — now known as Spies Bar — by the head barman: "He loved to have drinks with Popov, a Serbian spy, also known as Tricycle, maybe for being a triple agent or for being always with two girls..." says Diogo. Champagne would also flow, "namely if the Allies won a battle."

It was the called "champagne news service," as both Allies and Nazis would be plotting in the bar. The 007 Martini is still a top choice at the Palácio bar, made with gin and Lillet vermouth.

With Popov, Fleming would go to the Casino Estoril, nowadays the biggest casino in Europe. Portuguese lawyer José An-



José Diogo and the 007 Martini. CONTRIBUTED

tónio Barreiros, author of the book 007 Fleming, writes that Ian was in Estoril with John Godfrey, then head of Naval Intelligence Division. The baccarat nights in the casino took place with Portuguese players but Fleming imagined them as being Germans and thus came the inspiration for his first Bond novel, Casino Royale.

José Diogo, who worked as an extra in On Her Majesty's Secret Service, a Bond movie with George Lazenby, in 1968, shot in Estoril, has no doubts: "His experience with Popov and the spies here definitely inspired him for his character."

Go — and maybe it'll inspire you. Global James Bond Day is October 5th. The new film, Skyfall, hits theatres in November.

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Passaporte Passport	Passaporto: 193543
Expedido em Delivré à	Fouquet Office
Data Date	23 de Fevereiro de 1
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Ian Fleming's police form, required to be filled out by all guests. CONTRIBUTED



Hotel Palácio, where Ian Fleming stayed. CONTRIBUTED



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THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

In an era where you can jump on a jet and be halfway around the world in half a day, it's a refreshing change to wind back the clock and do some travelling old-school style.

Via Rail offers an incredibly scenic, relaxing train journey from the northern B.C. coast to Jasper, Alta., but don't expect to get anywhere fast.

This is how they moved in style back in the day, with great stretches of wilderness, lakes

and rivers, punctuated by little railway towns.

I have to admit the hum of the train lulled me into more than one nap along the 1,000-kilometre route, but there is no shortage of interesting stops along the way either.

Towns like Terrace, Smithers and McBride are rich in native culture, and have that small-town feel you can't find anywhere else. I even found myself browsing through an impromptu town flea market during a whistle stop in Smithers.

The train itself is a bit dated, with a lounge car complete with 30-year-old magazines, and '70s-style decor. Overall though, touring class offers great dome cars to enjoy the view of the stunning Rocky Mountains at a relaxed pace.

After an overnight stop in bustling Prince George, we were soon crossing the Alberta border, where passengers delighted in spotting a couple of lazy grizzly bears lounging in a

Other cool things to do ...

- **Jetboating in Terrace.** Take a high-speed jet boat tour on the Skeena river. There's also great salmon fishing from spring through fall.
- **Ski Hundons Bay Mountain in Smithers.** Three great lifts with runs for the novice to the expert. Located just 20 minutes from downtown.

track-side field.

Finally, the train chugged into peaceful Jasper, where the scenery is equally spectacular.

You couldn't find a better setting to wrap up a long rail ride. At the stunning Fairmont Jasper Park Lodge, I found myself sipping a nightcap as a wild herd of giant elk slowly wandered the property, grazing just a few feet away from hotel guests.



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are many factors that can result in a good (or disastrous) job interview. In the financial services sector, like in many industries, the interview stage is when companies determine if you're a good fit for the job on a personal and professional level. We spoke with Nancy Moulday, manager of recruitment at TD Business Banking, to find out what sums up to a great interview in the financial services:

Know the job posting
"In preparing for the inter-

view, it's important to take a look at those traits and behaviours that the interviewer and company are looking for," says Nancy. Therefore, she says, let the job listing be your guide when gearing up for the big day. When creating a job description, companies highlight the behaviours and skills that they're looking for in applicants. The key points outlined in the listing will give you a framework for answering some of the general questions (e.g., 'Describe your greatest suc-

cess') and an opportunity to practice. Nancy adds that you should take care to not over prepare — interviewers aren't looking for the perfect answers word-for-word. Just be able to reflect back on your experiences and have examples that fit the job description at the ready.

Ask what to expect

Different jobs will require different styles of interviews. It is completely within the rights of the candidate to ask the interviewer what to

expect from your interview, says Nancy. She says most companies are very up front about what form the meeting will take and are happy to share it with candidates to help them better prepare. In the financial services industry, it is particularly important to ask these questions in case testing will be involved, such as a financial statement analysis or business case review. Knowing what's involved in advance will ensure that you show up to the interview with the necessary tools (e.g., calculator, pens, etc.) and the necessary knowledge.

Bring a portfolio

Interviews are an opportunity for you to showcase how great you are, and it's important to have the paper to back it up. Nancy recommends that all candidates show up to their interviews with two copies of their resumé — one for their own review and one for the interviewer. She says you should also put together a binder or folder that contains the job listing, a cover letter, and any other documents that were specifically requested in the job description. Additional documents

Much appreciated

Get in touch!

Like my mother loves to say: "Never underestimate the power of saying thank you." Follow up with employers after each interview to thank them for their time and briefly reiterate your interest and eligibility for the open position.

In the financial services world, new hires are often working with clients or customers and, therefore, Nancy says that this type of note reflects well on the courtesy and professionalism of candidates.

can include things such as proof of specific accreditation, reference letters and any previous work that you may be discussing during your interview.

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If you're just starting out at your first entry-level or early-career job in financial services or accounting, you may not have given too much thought to your long-term career objectives. But if you aspire to a management position one day, you'll need to start planning now.

A recent survey developed by Robert Half Management Resources has found that fewer than one third of management positions in accounting and finance were filled by candidates who were promoted internally. So take in these tips to beat the odds.

Speak up

You may need to raise your voice in order to give yourself a good shot, particularly if you're being overlooked. "If you get a sense that others have been identified for roles and you're



Be sure that you've benefited fully from your current learning experience before you decide to seek out a higher work status. ISTOCK

not getting tapped on the shoulder, it's appropriate to ask for feedback in terms of what skill sets you're lacking," says David King, Canadian president of Robert Half.

Improve yourself

If you notice that you're lacking a skill in demand among managers at your company, try to learn close to home. "Seeking professional development that's sponsored by your company would be ideal, and if it isn't, you may have to look for it on your own time," says David. In either case, make sure

your supervisor is aware that you're dedicating your own time to broadening your skill set on your employer's behalf.

Advertise yourself

Performance reviews give you the opportunity to build on your employer's existing impression of you while emphasizing steps you've taken to put yourself in line for a move up the ladder. "That ensures that they see you are, one, interested in and, two, capable of promotion," he says. Key among these steps is taking on special projects which demonstrate skills you

don't use in your regular job. **TALENTTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.**

Move on or move up

When to pull the plug

- It's important to recognize that some employers won't be able to offer you advancement opportunities.

- Cover your bases before you decide a change is needed, says David. "Provided you've exhausted all opportunities at your current firm, it's appropriate to look into options elsewhere."



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Not into pumpkin sweets? Try this updated version of Lemon Meringue



ROSE REISMAN
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This is a twist on a Lemon Meringue Pie — the filling has a creamier, custard-like texture. The meringue doesn't leak and holds its shape for at least two days in the fridge.

1. Preheat the oven 350 F. Lightly coat a 9-inch pie pan with cooking spray.

2. Crust: Combine crumbs, water and oil bowl. Pat into the sides and bottom of the pie pan.

Nutritional analysis

Per serving (1 slice)

257 calories; 5.1 g protein; 45 g carbohydrates; 0.3 g fibre; 5 g total fat; 1.9 g saturated fat; 54 mg cholesterol; 87 mg sodium

3. Filling: Combine condensed milk, lemon zest, lemon juice and egg yolk. Let sit 10 mins. until thickened. Pour into pie pan and bake 20 mins. or just until the mixture is set.

4. Meanwhile, make the mer-

Ingredients

Makes one nine-inch pie

Crust

- 1 1/2 cups vanilla wafer crumbs (made from 3 cups vanilla wafers)
- 2 tbsp water
- 1 tbsp vegetable oil

Filling

- 1 can (14 oz) + 2/3 cup low-fat

sweetened condensed milk

- 1 tbsp lemon zest
- 1/2 cup lemon juice (freshly squeezed)
- 3 egg yolks (save the whites)

Meringue

- 3 egg whites
- 2/3 cup granulated sugar
- 1/8 tsp cream of tartar
- 3 tbsp water

Lemon Meringue Custard Pie



This recipe serves four to six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ingue. Combine egg whites, sugar, cream of tartar and water in a clean bowl. With electric beater, whip at the highest setting for about 8

mins. or until stiff peaks form. Spread over the lemon filling.

5. Increase the oven temperature to 375 F and bake for 10

minutes or until meringue is just lightly browned. Chill until cold and cut into 4 small slices. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Drink of the Week

Orange, Banana and Cinnamon Slushie

For a sweet dessert in a cup, try this slushie drink with its tasty dash of cinnamon. It's the perfect mid-day snack.

- 3 cups lightly crushed ice
- 1 cup no-pulp orange juice
- 2 bananas
- 1/2 cup agave syrup or honey
- 1/2 tsp cinnamon
- Pinch salt

Combine all ingredients in a blender. Purée until smooth. You may need to stop the blender once or twice and stir the ingredients in order to keep them moving in the blender.

Serve immediately.
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Blueberry Shortcakes: Messy goodness

1. Heat the oven to 400 F.

2. In a small bowl, combine 1 tablespoon of the sugar with the cinnamon.

3. Lay 1 phyllo sheet flat on a baking sheet, keeping the remaining phyllo sheets covered with plastic wrap and a damp kitchen towel. Spray the phyllo sheet lightly with the cooking spray, then sprinkle it with 1 teaspoon of the cinnamon-sugar mixture.

4. Layer a second sheet of phyllo over the first, coat it with cooking spray and sprinkle with another teaspoon of



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

the cinnamon-sugar mixture. Repeat with the final sheet of phyllo.

5. Cut the stacked phyllo into 12 4-inch squares, leaving them on the baking sheet. Bake until crisp and golden brown, about 8 minutes. Transfer to a rack and let cool.

6. Meanwhile, in a small saucepan stir together the remaining 1/3 cup of sugar, the cornstarch and salt. Whisk in the water. Add 1/2 cup of the blueberries and cook over medium heat, stirring constantly, until the mixture comes to a full boil, the berries have popped, and the sauce has thickened. Remove

from the heat and stir in the lemon juice and zest.

7. In bowl, combine the thickened sauce with the remaining blueberries.

8. To serve, arrange 6 of the phyllo crisps on individual serving plates. Divide the blueberry mixture between them, spooning it over each. Top each with a second crisp. Serve topped with a spoonful of vanilla yogurt, if desired. They also can be sprinkled with powdered sugar or additional cinnamon.

THE ASSOCIATED PRESS/ SARA MOULTON OF THE SHOW SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.



ISTOCKPHOTO/THINKSTOCK



FLICKR/CREATIVE COMMONS/MATT SHARPE

5 FABULOUS CITIES TO VISIT

Take a walk on the wild side ... in these five amazing cities.

DISCOVER: MUSIC SCENE IN MONTREAL

Whether you **are into** French hip hop, dance clubs **or** live indie rock, Montreal after **dark is** the place to be. Head over to SAT, a slick warehouse and new media space **for DJs** and performance artists, Le Social, a **bohemian** hangout in a 19th-century **mansion**, or La Sala Rossa, a performance **hall** for touring bands. And check **the** paper because depending on **where** you are in the city, entire blocks **are** often closed to traffic for free **concerts**. Find your peeps, settle in — **and let** loose!

HEIGHTENED EXPERIENCE: NIGHTLIFE IN BERLIN

Berlin's **nightlife is filled** with wild abandon **and** contagious energy ... people are **jammed** into cafés and underground bars that **are** spinning tunes and fun well beyond **dawn**. **What** makes it especially electrifying is **all of this** is happening amidst historical **remnants** (the German capital staged **a** **revolution**, was headquartered by **Fascists** and bombed to bits in the 20th **century**). All you have to do is **surrender to** the blissed-out haze of beats and **booze** ...

DRAMATIC: BONDI BEACH IN SYDNEY

Sydney, Australia, is a maze of sandstone headlands, lazy bays — and legendary surf beaches. The most famous is Bondi

Beach, **which is** just several kilometres from **the** city centre. Dunk yourself into the **consistently** great foaming swells for a rough-and-**tumble** swim (the average water **temperature** is 21 C). The beach is always **swarming**, there's lots happening in **street** **cafés**, and there are also salt-water **sea** baths at either end of the beach.

PUSHING BOUNDARIES: EDDY CAMDEN TOWN IN LONDON

Camden Town is where **it's** **happening** in London, England. **This** area has been the centre of alternative **culture** since the '60s, and today it's a grungy **paradise** for Goths, punks and everyone **in** **between**. Check out the world-famous Camden Market for one-off **clothing** finds as well as lots of food stalls **from** around the

world. Camden Town is also home to Abbey Road Studios and a slew of music venues and shops that reflect London's amazing musical history.

STIMULATE: DAKHLA, MOROCCO

One of the most **exotic places** to feel the power of the **wind** as it propels you across the **water** on a kite board is Dakhla. This **western** Sahara Desert town is one of the **world's** **greatest** wind — and kite-board surfing **destinations**! It's located on a narrow 48-**kilometre** long peninsula that stretches **into** the Atlantic Ocean and creates a **huge** lagoon. It's in that sandy lagoon **where** beginners and pros **celebrate** **constant** winds all year, flat **water**, **great** weather and lots of space. **Grab** your boards and go.



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Progress stalls as lockout losses climb to \$100 million

Lockout. With no bargaining sessions ahead, loss of regular-season games looms

The NHL lockout has already cost the league almost \$100 million in lost revenue.

That figure will likely end up looking like chump change by the time the sport's latest labour dispute is settled.

Talks broke off quickly between the league and the NHL

Players' Association on Tuesday morning, and deputy commissioner Bill Daly emerged from the meeting saying he didn't have "any progress to report." For the first time, he also revealed the extent of the damage the lockout has inflicted so far — "close to" \$100 million after the cancellation of the entire pre-season schedule.

"That is not going to be re-couped and that's going to cost both sides," Daly told reporters in New York. "That's unfortunate but it's a reality of where we are."

Quoted

"We're still focused on doing what we can to minimize the damage."

NHL deputy commissioner Bill Daly on the looming cancellation of regular-season games.



The revelation didn't elicit much sympathy from the union. Executive director Donald Fehr pointed out the sides could have continued negotiating past the Sept. 15 expiry of the last agreement.

"If this is a loss, this is a loss that is entirely of their own

making," Fehr told The Canadian Press in an interview. "They're the ones that did this; nobody told them to."

The \$100 million lost so far represents approximately three per cent of the total amount of hockey-related revenue generated last season — essentially

the pool of money the sides need to agree to split up.

And the 17-day lockout hasn't yet resulted in the cancellation of any meaningful games. However, with the regular season scheduled to begin on Oct. 11, it's only a matter of time before that happens.

There are currently no other bargaining sessions planned. Fehr spoke with commissioner Gary Bettman by phone on Tuesday afternoon and is hopeful negotiations could resume in Toronto before the end of the week. **THE CANADIAN PRESS**



Djokovic returns to court in Beijing

Serbia's Novak Djokovic returns a shot to Michael Berrer of Germany in their men's singles match at the China Open tennis tournament in Beijing on Tuesday. Djokovic defeated Berrer 6-1, 6-7, 6-2 in his first match since losing the U.S. Open final. In the second round of the women's tournament, top-ranked Victoria Azarenka and No. 3 Agnieszka Radwanska both advanced with straight-set victories.

ANDY WONG/THE ASSOCIATED PRESS

Mobile sports



Qrikat

Three-time Olympic medallist Silken Laumann is blasting Rowing Canada's decision to part ways with men's eights coach Mike Spracklen. No reasons were given, but Spracklen has had a fractious relationship with Rowing Canada for years.

MLB. Greenberg strikes out at plate, but not with fans

Adam Greenberg struck out on three pitches Tuesday night when he batted for the first time in seven years after the Miami Marlins gave him a second chance.

Greenberg signed a one-day contract before the game and stepped to the plate as a pinch-hitter leading off the sixth inning against New York Mets 20-game winner R.A. Dickey.

After Greenberg received a standing ovation from the modest crowd and his teammates in Miami, Dickey threw him three consecutive knuckleballs. The game was Greenberg's first



Adam Greenberg on Monday night in Miami. GETTY IMAGES

since his major league debut in 2005, when he was hit in the back of the head by the first pitch he saw — a 92-mph fast ball that derailed his career.

THE ASSOCIATED PRESS

Hockey

KHL jumps gun in announcing ESPN3 deal

The Kontinental Hockey League says some of its games will be broadcast in the United States on ESPN3 during the NHL lockout.

The Russian-based league announced on its website Tuesday that it plans to air five games in the next week on ESPN's online streaming service.

However, ESPN spokesman Josh Krulewitz said "the agreement is not finalized."

THE ASSOCIATED PRESS

MLB. Orioles push AL East race to season's final day

Another one-run victory by the Baltimore Orioles pushed the AL East race to the final day of the season.

Chris Davis homered for the sixth straight game and the Orioles overcame a club-record 15 strikeouts by Tampa Bay pitcher James Shields to beat the Rays 1-0 Tuesday night.

Baltimore remained one game behind the first-place New York Yankees, who rallied late to beat Boston 4-3 in 12 innings. The Orioles, already assured a playoff spot, need a victory Wednesday and a Yankees loss to force a one-game

Tuesday's game

1

Orioles

0

Rays

tiebreaker for the division title Thursday at Camden Yards.

"We're not supposed to be here. So just go out and have fun and see what happens," closer Jim Johnson said after the O's improved to 29-9 in one-run games. **THE ASSOCIATED PRESS**



Oilers legend Mark Messier at the NHL draft in Pittsburgh in June. JUSTIN K. ALLER/GETTY IMAGES FILE

Messier keeping his eye on Oilers and NHL lockout

Speaking up. Edmonton legend sympathizes with Katz and is optimistic about NHL season

Mark Messier has had his eye on the news lately.

The Hall of Fame centre said Tuesday he's been monitoring the ongoing dispute between Oilers owner Daryl Katz and the City of Edmonton as well as the NHL's ongoing lockout.

Katz recently found himself in hot water after threatening to move the Oilers to Seattle when negotiations broke down with Edmonton's City Council over funding a new arena in the downtown core.

Messier, who was available to media while promoting Bauer Hockey's new global initiative to increase participation in the sport, sympathized with the embattled Katz.

"It's a dream come true for

him to be able to have the resources to own the team and what he's trying to do is quite remarkable in the area there, to sustain the team there for the next 20, 30 years," said Messier, an Edmonton native who won five Stanley Cups with the Oilers.

Katz apologized for meeting with officials in Seattle last week in full-page ads in Edmonton-area newspapers that ran Saturday and then gave a radio interview on Monday where he explained that he reacted emotionally to the negotiations with the City of Edmonton.

"The Oilers owner added that 'there was probably a little too much (bare-knuckled Mark) Messier and not enough (graceful Wayne) Gretzky in the way that we conveyed things.'"

For his part, Messier laughed off the analogy.

"I've said for years I wish I had more finesse like Gretzky," said Messier.

Messier, who is now the

Quoted

"I think the communications are a little mixed up there and hopefully they get it straightened out and they move forward and get the new arena and revitalize the downtown area."

Mark Messier on the Edmonton arena controversy

current special assistant to the president and general manager of the New York Rangers, has also been following the NHL's labour dispute.

"I'm kind of on standby with everybody else, waiting for the people who are at the negotiation table to hopefully come up with some resolution," said Messier. "I think that will happen in the near future instead of waiting too long."

Gretzky, Messier's former teammate on the Oilers and Rangers, said in an interview Monday that he believes the lockout will be done by Jan. 1, in time for the annual outdoor Winter Classic.

"I think that, obviously, (Jan. 1) is a critical date for the game because that's kind of become our staple along with the Stanley Cup finals and the All-Star Game," he said. "Those are probably three of the events all year that everybody looks forward to, not only people in the game but the people outside the game." **THE CANADIAN PRESS**

Messier's message

Mark Messier has teamed with Bauer to elevate safety education and awareness, while growing participation in hockey.

- Bauer announced a 10-year program on Tuesday designed to research participation in hockey in an effort to understand what keeps young players out of

the game.

- Bauer hopes to help add a million extra players to the sport — on top of current growth projections — by 2022.
- That goal dovetails with the Messier Project, which seeks to educate players and parents about concussions.

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z-Baltimore	93	68	.578	1	—
Tampa Bay	89	72	.553	5 3/4	—
Toronto	72	89	.447	22 20 1/2	—
Boston	69	92	.429	25 23 1/2	—

CENTRAL DIVISION					
	W	L	Pct	GB	WC
x-Detroit	87	74	.540	—	—
Chicago	84	77	.522	3 8 1/2	—
Kansas City	72	89	.447	15 20 1/2	—
Cleveland	68	93	.422	19 24 1/2	—
Minnesota	66	95	.410	21 26 1/2	—

WEST DIVISION					
	W	L	Pct	GB	WC
z-Texas	93	67	.581	—	—
z-Oakland	92	68	.575	1	—
Los Angeles	89	71	.556	4	3
Seattle	73	87	.456	20	19

z — clinched playoff berth; x — clinched division; y — clinched wild-card berth.

Tuesday's results

Toronto 4 Minnesota 3
Baltimore 1 Tampa Bay 0
Cleveland 4 Chicago White Sox 3 (12 innings)
Kansas City 4 Detroit 2
N.Y. Yankees 4 Boston 3 (12 innings)
Texas at Oakland
L.A. Angels at Seattle
Monday's results
Toronto 6 Minnesota 5 (10 innings)
Chicago White Sox 11 Cleveland 0
Detroit 6 Kansas City 3
L.A. Angels 8 Seattle 4
N.Y. Yankees 10 Boston 2
Oakland 4 Texas 3
Tampa Bay 5 Baltimore 3

Wednesday's games — All Times Eastern
Texas (Dempster 7-3) at Oakland (Griffin 7-1), 3:35 p.m.
L.A. Angels (Weaver 20-4) at Seattle (Beavan 10-11), 6:40 p.m.
Boston (Matsuzaka 1-6) at N.Y. Yankees (Kuroda 15-11), 7:05 p.m.
Chicago White Sox (Floyd 11-11) at Cleveland (D.Huff 3-0), 7:05 p.m.
Minnesota (Diamond 12-8) at Toronto (Morrow 9-7), 7:07 p.m.
Baltimore (Tillman 9-2) at Tampa Bay (Hellickson 9-11), 7:10 p.m.
Detroit (L.Marte 0-0) at Kansas City (Mendoza 8-9), 8:10 p.m.

END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Avg.
McCabera, Det	159	617	109	203	.329
Trout, LAA	137	551	129	179	.325
Mauer, Minn	145	540	81	174	.322
Beltre, Tex	154	596	95	190	.319
Jeter, NYY	157	673	99	213	.316
TorHunter, LAA	139	532	81	167	.314
Felder, Det	160	578	83	181	.313
Butler, KC	159	609	72	190	.312
Cano, NYY	159	617	102	190	.308
Rios, ChiW	157	605	93	184	.304

RBIs — McCabera, Detroit, 137; Hamilton, Texas, 127; Encarnacion, Toronto, 110; Willingham, Minnesota, 110; Fielder, Detroit, 108; Butler, Kansas City, 107; Pujols, L.A. Angels, 105.
HOME RUNS — McCabera, Detroit, 44; Hamilton, Texas, 43; Encarnacion, Toronto, 42; ADunn, Chicago Sox, 41; Granderson, N.Y. Yankees, 41; Beltre, Texas, 36; Willingham, Minnesota, 35.
PITCHING — Weaver, L.A. Angels, 20-4; Price, Tampa Bay, 20-5; MHarrison, Texas, 18-10; Sale, Chi Sox, 17-8; Verlander, Detroit, 17-8.

Not including Tuesday's games

NATIONAL LEAGUE

EAST DIVISION					
	W	L	Pct	GB	WC
x-Washington	97	64	.602	—	—
y-Atlanta	93	68	.578	4	—
Philadelphia	81	80	.503	16	6
New York	73	88	.453	24	14
Miami	69	92	.429	28	18

CENTRAL DIVISION					
	W	L	Pct	GB	WC
x-Cincinnati	97	64	.602	—	—
St. Louis	87	74	.540	10	—
Milwaukee	83	78	.516	14	4
Pittsburgh	79	82	.491	18	8
Chicago	60	101	.373	37	27
Houston	55	106	.342	42	32

WEST DIVISION					
	W	L	Pct	GB	WC
x-San Francisco	93	67	.581	—	—
Los Angeles	85	75	.531	8 1 1/2	—
Arizona	80	80	.500	13	6 1/2
San Diego	75	86	.466	18 1/2	12
Colorado	63	97	.394	30 23 1/2	—

Tuesday's results

Cincinnati 3 St. Louis 1
Houston 3 Chicago Cubs 0
Miami 4 N.Y. Mets 3 (11 innings)
Milwaukee 4 San Diego 3
Pittsburgh 5 Atlanta 1
Washington 4 Philadelphia 2
Colorado at Arizona
San Francisco at L.A. Dodgers
Monday's results
Colorado 7 Arizona 5 (13 innings)
Houston 3 Chicago Cubs 0
L.A. Dodgers 3 San Francisco 2
Miami 3 N.Y. Mets 2
Milwaukee 5 San Diego 3
Philadelphia 2 Washington 0
Pittsburgh 2 Atlanta 1
St. Louis 4 Cincinnati 2

Wednesday's games — All Times Eastern
Atlanta (Sheets 4-4) at Pittsburgh (A.J.Burnett 16-9), 12:35 p.m.
Philadelphia (CLee 6-8) at Washington (E.Jackson 9-11), 1:05 p.m.
Houston (E.Gonzalez 3-1) at Chicago Cubs (T.Wood 6-13), 2:20 p.m.
N.Y. Mets (Hefner 3-7) at Miami (Koehler 0-0), 4:10 p.m.
Colorado (Francis 5-7) at Arizona (L.Kennedy 15-11), 7:10 p.m.
San Francisco (Vogelsong 14-9) at L.A. Dodgers (Kershaw 13-9), 7:15 p.m.
San Diego (Werner 2-3) at Milwaukee (Stinson 0-0), 8:10 p.m.
Cincinnati (H.Bailey 13-10) at St. Louis (Wainwright 14-13), 8:15 p.m.

END OF REGULAR SEASON

NL LEADERS

	G	AB	R	H	Avg.
McCabera, SF	113	459	84	159	.346
Posey, SF	146	524	77	176	.336
AMcCutchen, Pgh	155	586	107	193	.329
Braun, Mil	152	591	106	190	.321
YMolina, StL	137	501	65	159	.317
Craig, StL	118	465	76	144	.310
DWright, NYM	154	575	90	177	.308
Scutaro, SF	154	613	86	187	.305
Pacheco, Col	130	467	50	142	.304
CGonzalez, Col	135	518	89	157	.303

RBIs — Headley, San Diego, 113; Braun, Milwaukee, 112; ASoriano, Chi Cubs, 108; Pence, San Francisco, 104; ArRamirez, Milwaukee, 104; Holliday, St. Louis, 101; Posey, San Francisco, 101.
HOME RUNS — Braun, Milwaukee, 41; Stanton, Miami, 37; Bruce, Cincinnati, 34; Beltran, St. Louis, 32; LaRoche, Washington, 32; ASoriano, Chi Cubs, 32.
PITCHING — GGonzalez, Washington, 21-8; Dickey, N.Y. Mets, 20-6; Cueto, Cincinnati, 19-9; Lynn, St. Louis, 18-7; Hamels, Philadelphia, 17-6.

Not including Tuesday's games

BLUE JAYS 4, TWINS 3

Minnesota	ab	r	h	bi	Toronto	ab	r	h	bi
Span cf	4	1	2	2	RDavis lf	4	0	1	1
Revere rf	4	0	3	0	YEscor ss	3	0	1	1
Mauer dh	3	0	0	0	Lawrie 2b	3	0	1	0
Parnell 1b	4	0	0	0	Lind lb	3	0	0	0
Plouffe 3b	4	1	1	0	Arendic c	4	1	1	0
MCarsn lf	4	0	2	0	KJhnsn dh	3	1	1	2
Mstrmn pr	0	0	0	0	Hchvrr 2b	3	1	1	0
CHrnc c	4	0	0	0	Sierra rf	3	0	0	0
ACasill 2b	3	0	1	1	Gose cf	1	1	0	0
EEscor ss	3	1	1	0					
Totals	33	3	10	3	Totals	27	4	6	4

Minnesota 000 002 100 — 3
Toronto 001 210 00x — 4
E—Plouffe (19), T.Robertson (1). DP—Minnesota 3, Toronto 2. LOB—Minnesota 4, Toronto 4. 2B—Span (38), Plouffe (19), A.Casilla (17), Hechavarria (8). HR—Span (4), K.Johnson (16). CS—Revere 2 (9).

Minnesota	IP	H	R	ER	BB	SO
Swarzak L,3-6	5	5	4	4	3	2
Waldrop	2	1	0	0	1	0
Perdomo	2-3	0	0	0	1	0
T.Robertson	0	0	0	0	0	0
Fien	1-3	0	0	0	0	0
Toronto						
Jenkins W,1-3	5	5	2	2	1	2
Loup H,6	1	1	0	0	0	1
Delabar H,12	1	2	1	1	0	0
Oliver H,16	1	1	0	0	0	0
Janssen S,22-25	1	1	0	0	0	1
Jenkins pitched to 2 batters in the 6th.						
T.Robertson pitched to 1 batter in the 8th.						
Umpires—Home, Clint Fagan; First, Toby Bassner; Second, Tim McClelland; Third, Marvin Hudson.						
T—233. A—13,930 (49,260) at Toronto.						

TENNIS

ATP-WTA CHINA OPEN

At Beijing

Tuesday's results

Men's Singles — First Round
Novak Djokovic (1), Serbia, def. Michael Berrer, Germany, 6-1, 6-7 (3), 6-2.
Yen-hsun Lu, Taiwan, def. David Ferrer (2), Spain, 5-4 (retired).
Jo-Wilfried Tsonga (3), France, def. Denis Istomin, Uzbekistan, 4-6, 6-1, 7-6 (3).
Richard Gasquet (5), France, def. Matthew Ebden, Australia, 6-2, 6-4.
Mikhail Youzhny, Russia, def. Tommy Haas (7), Germany, 6-4, 4-6, 6-2.
Women's Singles — Second Round
Victoria Azarenka (1), Belarus, def. Sabine Lisicki, Germany, 6-4, 6-2.
Agnieszka Radwanska (3), Poland, def. Zhang Shuai, China, 6-2, 6-3.
Angelique Kerber (5), Germany, def. Lara Arruabarrena-Vecino, Spain, 6-2, 6-0.
Li Na (7), China, def. Nadia Petrova, Russia, 6-1, 6-2.
Caroline Wozniacki (10), Denmark, def. Su-wei Hsieh, Taiwan, 6-7 (5), 7-6 (3), 6-0.

ATP RAKUTEN JAPAN OPEN

At Tokyo

Tuesday's results

Singles — First Round
Andy Murray (1), Britain, def. Ivo Karlovic, Croatia, 7-6 (7), 6-4.
Tatsuma Ito, Japan, def. Nicolas Almagro (5), Spain, 7-6 (4), 7-6 (5).
Milos Raonic (6), Thornhill, Ont., def. Radek
Stepanek, Czech Rep., 6-4, 6-4.
Kei Nishikori (8), Japan, def. Go Soeda, Japan, 4-6, 6-2, 6-3.
Tommy Robredo, Spain, def. Jarkko Nieminen, Finland, 6-2, 6-4.
Jeremy Chardy, France, def. Yuichi Sugita, Japan, 6-1, 7-5.

CFL

WEEK 14

EAST DIVISION										
	GP	W	L	T	PF	PA	Pt			
Montreal	13	8	5	0	360	378	16			
Toronto	13	7	6	0	317	321	14			
Hamilton	13	5	8	0	401	409	10			
Winnipeg	13	3	10	0	247	406	6			

WEST DIVISION										
	GP	W	L	T	PF	PA	Pt			
B.C.	13	9	4	0	338	249	18			
Calgary	13	8	5	0	376	302	16			
Saskatchewan	13	7	6	0	341	280	14			
Edmonton	13	5	8	0	279	314	10			

Saturday's results
Saskatchewan 27 B.C. 21
Toronto 29 Winnipeg 10
Friday's results
Calgary 39 Edmonton 15
Hamilton 41 Montreal 28

WEEK 15

Friday's game — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday, Oct. 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

PLAYERS OF THE WEEK

Offensive — Henry Burris, QB, Hamilton
Defensive — Adam Bighill, LB, B.C.
Special Teams — Trent Guy, KR, Montreal
Canadian — Jon Cornish, RB, Calgary

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	33	30	7	130
Congli, Ham	0	39	29	1	127
Whyte, Mtl	0	39	23	6	114
Paredes, Cal	0	35	26	1	114
Palardy, Wpg	0	18	30	5	113
Shaw, Edm	0	27	21	8	98
Waters, Tor	0	16	23	6	91
x-C.Williams, Ham	13	2	0	0	80
DeAngelis, Sask	0	17	18	1	72
Milo, Sask	0	16	11	12	61

x — scored two-point convert

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	31	17	7	7	39	25	58
Chicago	30	16	9	5	42	36	53
New York	31	15	8	8	54	44	53
D.C. United	31	15	10	6	48	40	51
Houston	31	13	8	10	44	37	49
Columbus	31	14	11	6	39	39	48
Montreal	31	12	15	4	44	49	40
Philadelphia	29	8	15	6	31	36	30
New England	31	7	16	8	37	43	29
Toronto	31	5	19	7	35	59	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	31	18	6	7	65	39	61
x-Real Salt Lake	31	16	11	4	44	34	52
x-Los Angeles	31	15	11	5	55	43	50
x-Seattle	30	13	7	10	45	31	49
Vancouver	31	10	12	9	31	40	39
Dallas	31	9	12	10	38	41	37
Colorado	31	9	18	4	39	46	31
Portland	31	7	15	9	32	52	30
Chivas USA	30	7	16	7	21	49	28

x — clinched playoff berth.
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 9 p.m.

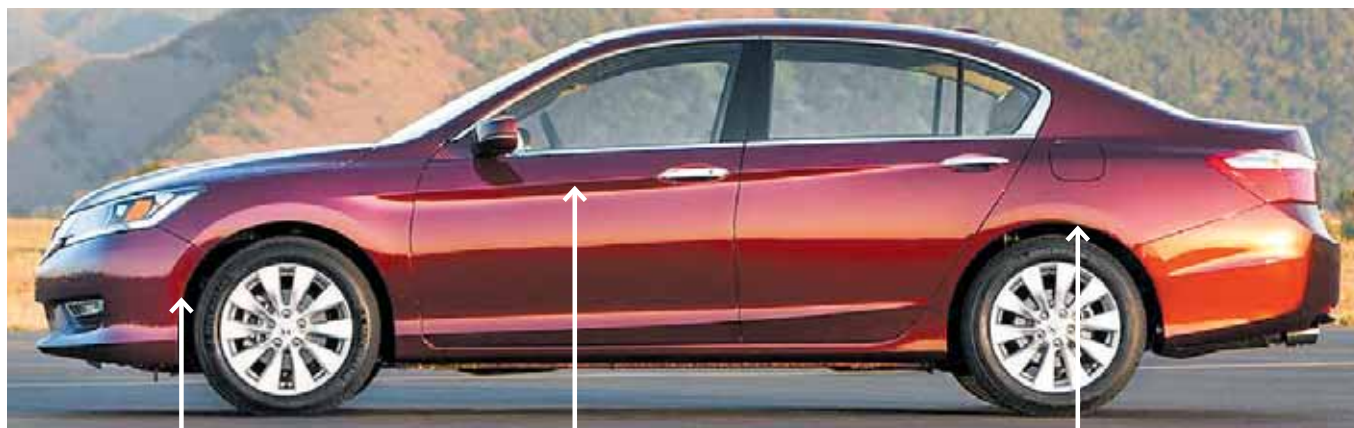
NFL

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH						
	W	L	T	Pct	PF	PA

It's getting better all the time



ALL PHOTOS WHEELBASE MEDIA

Style

The latest Accord that's now on sale appears more svelte, with none of the excessive front overhang that marred the previous generation. The look is more proportionally balanced and shows greater attention to detail in terms of styling execution. The sedan is far more pleasing to the eye than past efforts. The coupe, on the other hand, already deemed a good looker, has undergone a more subtle transformation and remains one of the most appealing models of its type on the road.

2013 Honda Accord

- **Types.** Two- /four-door, front-wheel-drive mid-size coupe/ sedan.
- **Engines (hp).** 2.4-litre DOHC I4 (185-189); 3.5-litre SOHC V6 (278); 2.0-litre DOHC I4 with 124 kilowatt electric motor (196, net).
- **Safety.** Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control; stability control.
- **Base price (incl. destination).** \$25,300.

Cabin

Good looking also describes the Accord's new cabin. The artistically sculpted dashboard is a sensational piece and thankfully devoid of knob and switchgear clutter. Drivers will be particularly enamored with the clear and crisp white-on-black center gauges and the high-definition eight-inch (20-centimetre) multi-information display screen. All passengers are treated to more comfortable seating arrangements.

Fuel consumption

In explaining its CVT decision, Honda's stewards deemed it necessary to lower fuel consumption to more competitive levels, as in 7.8 l/100 km city and 5.5 highway. Those numbers are second only to the class-leading Altima's 7.4/5.0 rating.

Performance

Accords remain admirable road performers, with an enhanced feeling of sportiness and ride control. The base 2.4-litre four-cylinder (labelled "Earth Dreams") makes 185 horsepower (189 for the Sport model), up from 177. The optional 278-horsepower 3.5-litre V6 gains a mere seven ponies. Manual-transmission lovers should be pleased that the six-speed gearbox remains available with four-cylinder Accord sedans and up-level V6 coupes.

Review. Although it's smaller, Accord keeps the optional V6 and fine-tunes pretty much everything else

MALCOLM GUNN

Wheelbase Media

Buyers expecting the ninth-generation Accord to be bigger and bolder will need to adjust their perspective concerning one of North America's most successful sedan

and coupe lines.

The U.S.-built (30 years and counting) Accord maintains a conservative presence, while undergoing a complete metamorphosis in style, features and running gear.

Paraphrasing Honda's styling director David Marek, the Accord's makeover started from the inside out to ensure that occupants were treated to as much room and style as possible. Reshaping the exterior included soliciting opinions from current Accord owners who made it clear they wanted a less bulky car that didn't sacrifice overall

spaciousness.

Sounds like a tall order, but Marek's design team appear to have delivered on virtually all counts. The 2013 Accord sedan is about nine centimetres shorter and loses about 2.5 centimetres between the front and rear wheels while gaining a centimetre in width. At the same time, trunk space has increased by five per cent, thanks in part to a more compact rear suspension.

In early 2013, Honda will introduce the Accord plug-in hybrid. In this format, a 2.0-litre four-cylinder is

mated with a 124-kilowatt electric motor to produce 196 net horsepower. The plug-in travels up to 24 kilometres on electric-only power, can run on grid juice at speeds up to 100 km/h and has a maximum 700-kilometre range.

The clincher is it takes three hours — a relatively short time — on standard 120-volt house current to replenish the lithium-ion battery (about 10 minutes for a 50-per-cent charge), or about an hour using a 240-volt charger.

Honda plans to introduce a non-plug-in hybrid by mid-



2013, giving the Accord a one-two punch in the eco-sedan category.

5 DRIVE

On the Web



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On the cutting edge of cuteness

Fiat 500c. The 'That's SOOOO adorable!' factor is often ignored in auto innovation, but car makers have made great strides



AUTO PILOT
Mike Goetz
drive@metronews.ca

Automotive technology is advancing at breakneck speeds. Just look at what's happened over the last few years to powertrain electrification, Internet connectivity, safety systems and fuel efficiency.

But today I would like to draw your attention to an area of auto tech that seems to get less attention than those aforementioned ones, but is nonetheless just as astonishing in its recent advances: Cuteness.

Automakers have always built cute cars, of course, but now they really mean business. The cute cars of yesteryear were mostly cute because they were loveable underdogs that didn't really measure up to



Mike Goetz found himself blasting heavy metal with the windows rolled down when driving this cutie-pie just to balance things out. MIKE GOETZ

the other vehicles on the road. Reinvented versions of the Volkswagen Beetle and Mini changed all that, and paved the way for modern cuteness. Now you can have a perfectly modern, useable car that is also as cute as the dickens.

No other vehicle has embraced this powerful formula as the Fiat 500c. I recently took

a white one home for a week's test. Actually, it wasn't white, it was Blanco Perla with a Bordeaux retractable fabric red top, and matching red leather seats.

It was just too precious.

When I first showed up with it, all the females in our house, and lots on our street, came wandering over to take it all in.

All of them loved the car, loved the colour combination, and said it was really cute.

But "really cute" wasn't strong enough for them. They had to add length, as in, "It's REEEALLY cute" and syllables: "It's really CA-YOOOOT."

Fiat Canada said females and males buy regular 500 models in an equal 50/50 split.

The Fiat Cabrio and its extra level of cuteness? Seventy per cent female; 30 per cent male.

The company didn't have the female/male split for this particular white/red colour scheme, but I'm guessing 95/5. The overall look is a little bit too "lovely handbag" for most guys.

I think most guys get and ap-

preciate cuteness. It's just that we have more natural defence to deal with it. We can walk away. Cuteness hits women where they live. When they see something like this Fiat, they get a visceral desire to take it home and give it a bath, or give it a hallowed place in the closet next to the other fashion accessories.

Driving something this cute is certainly different.

I found myself keeping the radio tuned to heavy metal, with the windows rolled down, just to, you know, balance things out a bit.

Both women and men check it out. I could be wrong, but after checking out the car, men seem also to check out whose driving it ... expecting a certain gender perhaps? Women, on the other hand, only have eyes for your car. They are not concerned about the driver. They are concerned about the cuteness of the car.

But no matter which chromosomes you have, or if you like the Fiat 500c or not, we need to appreciate the engineering, the high-tech, cutting-edge cuteness of the little Italian coupe — another shining example of automotive progress.

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Horoscopes

Aries

March 21 - April 20

You may have all the facts on your side but if you expect rivals to admit it, you will be disappointed. Some people are simply too stubborn to change their point of view. Sound like anyone you know?

Taurus

April 21 - May 21

What you want to do and what others want you to do are two entirely different things. It won't be long before you are free to come and go as you please but for now you may have to follow the herd.

Gemini

May 22 - June 21

You are on the verge of a major gain, so any minor setbacks you may encounter today are worth suffering. Creatively and romantically this is very much your time of year, so make sure you enjoy it.

Cancer

June 22 - July 23

It's good to be romantic but watch out that attraction does not become infatuation. If you allow your love life to distract you from your work both will suffer in the long-term. Do the right thing at the right time.

Leo

July 24 - Aug. 23

You are taking your money situation too seriously. From today, however, you will start to see that things are not as bad as you have allowed yourself to believe. It's strange but somehow they never are.

Virgo

Aug. 24 - Sept. 23

Not everyone can be as lucky as you. Not everyone can be as smart and funny and popular. Keep that fact in mind today when engaging people you find difficult to deal with. Maybe they're just jealous.

Libra

Sept. 24 - Oct. 23

You have a great future but for some reason you seem more concerned with your past at the moment. Put yesterday and last year out of your mind, completely. What's done is done and cannot be undone.

Scorpio

Oct. 24 - Nov. 22

What occurs today may appeal to your zany sense of humour but try to remember that not everyone sees things the same way as you. Have a good laugh by all means but laugh with people, not at them.

Sagittarius

Nov. 23 - Dec. 21

You are tempted to confide in someone you work with but the planets warn that may not be a good idea. Keep personal information to yourself over the next 24 hours. Don't give anything away.

Capricorn

Dec. 22 - Jan. 20

Get away from your usual surroundings and do something that energizes you physically, mentally and emotionally. You have been pushing yourself far too hard of late. You need a break.

Aquarius

Jan. 21 - Feb. 19

You can expect some major, maybe extraordinary things to happen between now and the end of the week. They may not always be good things but good things will come of them in some guise or other.

Pisces

Feb. 20 - March 20

Everyone has standards but you need to realize that not everyone's standards will be as high as your own. If you can do that, you are less likely to get angry when others' efforts fall short of expectations.

SALLY BROMPTON

Pick Your Own Title

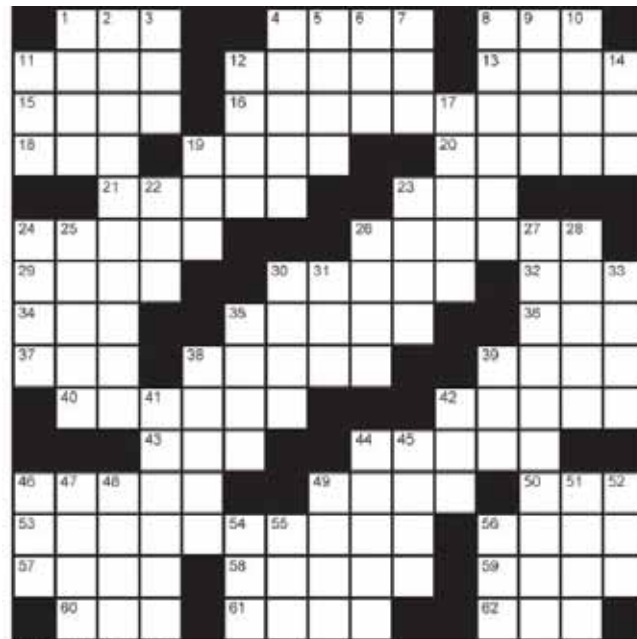
Across

- Upper limb
- Spoken
- CD ancestors
- Yours or to you* (singular): Fr. (2 wds.)
- "___ Billie Joe": 1967 Bobbie Gentry song (2 wds.)
- Acorn-dropping trees
- Deafening
- Maritime Province (2 wds.)
- Lower limb
- Australian birds with green eggs
- Foe
- Float in place
- Boxer Muhammed ___, the former Cassius Clay
- Carried, as by the wind
- Edmonton NHL team
- Make ___ with: impress someone (2 wds.)
- Banquets
- And so on: abbr.
- Unhappy
- Casting director's assignments
- Cause surface damage to
- Before: poetic
- Halifax-born singer McLachlan
- Completely naked
- Yellowknife is 400 miles south of this Circle
- Apply juice, as to a turkey
- Fled on foot
- Call off (a mission), in NASA-speak
- Book of maps
- All over again

- Recede, as the Bay of Fundy tide
- Dentifrice
- Burn the midnight oil studying
- Comfortable state
- Foreigner
- Nevada's "The Biggest Little City in the World"
- ___ Moines, Iowa
- Votes cast in favor
- Not even

Down

- Dip ___ in the water: test bath temperature (2 wds.)
- Saskatchewan CFL team member
- Central
- Smell
- Guns, as an engine
- ___ loss for words (2 wds.)
- ___ Angeles
- Dollar coin
- Appetizer spread
- ___ milk: 0% fat
- Everything
- "This one's ___": "My turn to buy" (2 wds.)
- Speak
- Biological building blocks
- Night before
- Quebec neighbour: abbr.
- Is sick
- Air Force installation
- Scarlett ___
- Promise
- "Digitally ___": fresh copy made from the



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- original, in a DVD or CD notice
- Begin
- ___ Garneau: first Canadian in outer space
- Historic period of note
- They were among the original inhabitants of Ontario
- Ache
- Hidden cache
- Tavern

- Packing cases
- Acknowledge applause
- Puts money into a poker pot before cards are dealt
- "What's ___ happening?"
- Consumed
- Frog's land-based cousin
- Be an unsuccessful gambler

- Largest continent
- Group of marching musicians
- RBC competitor
- Earnings
- Hearty pub order
- ___-Magnon man

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

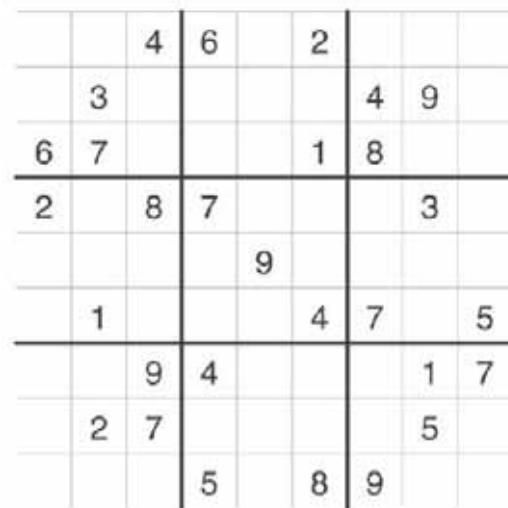
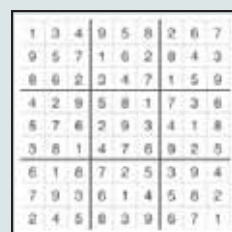


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY



MAX: 7°
MIN: 1°

THURSDAY



MAX: 9°
MIN: -1°

FRIDAY



MAX: 8°
MIN: -3°



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